

UTAH DIVISION OF JUVENILE JUSTICE SERVICES

Juvenile Wellness Progress Report¹

Assistant Program Director	<i>Kyle Lancaster</i>	
Facility Name	<i>Central Utah Youth Center</i>	
Facility Wellness Policy Committee	<i>Alicia MacIntyre, Monte Peterson, Arlan Doff</i>	
Wellness Policy Website²	http://www.hspolicy.utah.gov/jjs	
Juvenile Justice Services Food Services Coordinator	Kainoa Willing (801) 538-4366 kwilling@utah.gov	
How is your facility meeting the wellness policy goals? Is there anything special your facility is doing?		
<i>Having Wellness coordinator - using programs to teach youth how to read labels - plan meals and calculate nutrients</i>		
How has your facility encouraged juveniles to engage in recreation activities that include physical activity and promote good nutrition practices?		
<i>By promoting fruits, vegetables, whole grain products, low fat and fat free dairy products - healthy food prep methods and health enhancing practices</i>		
What is your facility doing for local wellness policies events or activities?		
<i>Using evidence based programs for physical education - Physical exercise sessions 3 to 5 days per week duration of 45 minutes</i>		
Is the public involved? How?		
NUTRITION EDUCATION: Are there areas in which you are doing something special? (Please check all that apply)	Focus on changing behavior rather than learning general facts about nutrition?	<i>yes</i>
	Teaching how to read labels, plan meals, & calculate daily nutrients?	<i>yes</i>
	Employ active learning or experiential strategies?	<i>yes</i>
	Teaching how to assess and manage personal eating habits?	<i>yes</i>
	Devoting adequate time & intensity to on focus behaviors & skill building?	<i>yes</i>
	Using cafeteria or eating areas to support nutrition education through healthy menu options, wall posters and discussion about the importance or healthy meals?	<i>yes</i>
	Promoting fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food prep methods, and health enhancing practices?	<i>yes</i>

¹ Assistant Program Directors please complete this form in its entirety and return to JJS Food Services Coordinator no later than January 31 of each calendar year.

² The Wellness Policy is available to the public via the DHS/DJJS Policy website or by contacting the JJS Food Service Coordinator.

NUTRITIONAL GUIDELINES: Are there areas in which you are doing something special? (Please check all that apply)	Is your facility serving meals and snacks to juveniles in accordance with USDA requirements & Division policy 01-12 Juvenile Food Services?	YES
	Your facility has not used food or beverages as a reward for juveniles during the school day ?	NO
	Your facility has not withheld food or beverages as punishment for juveniles at any time ?	NO
	Marketing is only for fruits, vegetables, and low-fat or non-fat milk?	YES
PHYSICAL EDUCATION & ACTIVITY: Are there areas in which you are doing something special? (Please check all that apply)	Improving overall health and well-being?	YES
	Encouraging a personal commitment by juveniles to adopt healthy activities as a permanent lifestyle?	YES
	Helping to reduce stress and improve physical and mental functioning?	YES
	Preventing chronic health problems later in life?	YES
	Improving emotional self-regulation?	YES
	Improving productivity in school and in the community?	YES
	Transforming the brain for peak performance and spark new brain-cell growth?	YES
	Ensuring physical education courses provide an environment where juveniles learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge?	YES
	Providing, through physical education, safe and satisfying physical activity for all juveniles, including those with special needs?	YES
	Providing adequate and appropriate equipment to be available for all juveniles to participate in physical education/activity?	YES
EXERCISE FUNDAMENTALS: Are there areas in which you are doing something special? (Please check all that apply)	Using evidence based program for physical education to physically transform an individual's brain for peak performance, reduction of anxiety and depression, improving learning capacity?	YES
	Physical exercise sessions 3 to 5 days per week for a minimum of 45 minutes?	YES
	Target heart rate achieved for 30 minutes?	YES
	Keeping the program fresh and challenging by varying the mode of training?	YES
	Exercise program includes stretching, aerobic exercise, and muscular resistance exercise?	YES
	Encouraging healthy nutrition, proper hydration, and adequate sleep?	YES
	Offering exercise logs for juveniles to monitor their progress if they choose?	YES
	Supporting and encouraging juveniles to facilitate ongoing interest?	YES
	Your facility has not allowed exercise that is overly intense, beyond the abilities and needs of the juvenile?	NO
	Your facility has not used exercise as a form of punishment?	NO